



Training and Access Project **Building the Foundation Series**

Teaching Mental Health Literacy in Schools Resources

Mental Health Literacy Program

- Classroom Wise [Link to information](#)
- FLARE by NAMI - Mental Health Literacy Curriculum [Link to information](#)
- Mental Health Literacy - Elementary School Resource [Link to information](#)

Articles

- Brownlee, Amy. (2026, January 27). 12 Graphic Novels About Mental Health. Edutopia. [Link to article](#)
- Centers for Disease Control and Prevention. (2023, December). Promoting mental health and well-being in schools: An action guide for school and district leaders. [Link to article](#)
- Center for Disease Control and Prevention (2024, November 29). Mental health education. [Link to article](#)
- The Jed Foundation (2024). Unraveling the Stigma: Exploring Barriers to Mental Health Support Among U.S. Teens. [Link to article](#)
- Kågström, A., Juríková, L., & Guerrero, Z. (2023). Developmentally appropriate mental health literacy content for school-aged children and adolescents. Global mental health (Cambridge, England), 10, e25. [Link to article](#)

Website

- National Institute of Mental Health - Resources for Students and Educators [Link to resources about mental health and the brain](#)